



Proposal:

Cross-Cultural Healing, Meditation, and Energy Practice Classes

Objective:

To provide a series of healing, meditation, and energy practice classes that cater to individuals from diverse cultural backgrounds, offering them a space to learn and apply techniques for holistic well-being, stress reduction, and personal growth.

Target Audience:

30 participants from various cultural backgrounds who are interested in enhancing their mental, emotional, and spiritual well-being.

Structure:

The classes will be held every two weeks, with each session lasting for one hour. The schedule will be collaboratively determined based on the availability and preferences of both parties.

The format of each session will be as follows:

1. Introduction to Focus Topic (10-15 minutes): Each session will begin with a brief introduction to the specific focus topic of the day. Topics could include stress management, improving concentration, emotional balance, self-awareness, and more. The instructor will highlight the relevance of the topic to participants' daily lives and overall well-being.
2. Guided Meditation (25-30 minutes): Following the introduction, participants will engage in a guided meditation session. The meditation techniques will vary according to the focus topic of the day. Techniques could include conscious breathing, visualization, mindfulness, energy healing, and other methods that promote relaxation and inner harmony.
3. Conclusion, Feedback, and Questions (10-15 minutes): After the meditation practice, participants will gather for a concluding discussion. The instructor will summarize the key takeaways from the session and open the floor for participants to share their experiences. This will be an opportunity for participants to provide feedback, ask questions, and seek clarification on any aspect of the practice.

Cost:

Each session will cost \$50 per group.

Instructor:

The classes will be led by a skilled instructor Veranika Lis who is proficient in various meditation and energy healing techniques. The instructor has a background in working with diverse groups and creating an inclusive and welcoming environment for participants from different cultural backgrounds. The sessions can be conducted in a choice of the following languages: English, Spanish, Russian, or Belarusian.



Benefits:

- Participants will learn practical techniques to manage stress, enhance concentration, and improve overall well-being.
- The classes' cross-cultural approach will uniquely enable participants to forge connections with individuals from diverse backgrounds, fostering a profound sense of community and mutual growth.
- The guided meditation sessions will help participants develop mindfulness, self-awareness, and emotional regulation skills.

Logistics:

- Sessions: Every two weeks, on a [determined day and time].
- Platform: Online sessions via a video conferencing platform Zoom.
- Materials: Participants may need a comfortable and quiet space for practice. It is recommended to use earphones to enhance concentration and to keep a diary for recording observations, questions, and progress experienced during the sessions.

Conclusion:

The Healing, Meditation, and Energy Practice Classes offer a valuable opportunity for individuals from diverse cultural backgrounds to come together and learn techniques for personal growth and well-being. The structured approach, guided meditation sessions, and inclusive environment make this program an enriching experience for all participants. We look forward to providing a transformative journey towards inner peace and balance.

For inquiries, please contact Veranika Lis via email vereneya.aya@gmail.com or Telegram +56949931777 . Additional information can also be found on the website <https://www.vereneya.com/> .